

MOTION BY SUPERVISOR DON KNABE

June 16, 2015

June 21 was declared as the International Day of Yoga by the United Nations General Assembly on December 11, 2014. Yoga, an ancient physical, mental and spiritual practice that originated in India, aims to transform body and mind through breathing, stretching and meditation. It is widely regarded as a physical practice that promotes overall health and wellbeing for all ages.

I, THEREFORE, MOVE that the Board of Supervisors declare June 21, 2015 as Yoga Day in Los Angeles County.

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Nl:ia

MOTION

SOLIS _____

RIDLEY-THOMAS _____

KUEHL _____

KNABE _____

ANTONOVICH _____